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Tyndall Air Force Base, Fla. *Gulf Defender*

March 2, 2001



Courtesy photo

Fly like an eagle

The U.S. Army Golden Knights, the Army's premier high-altitude demonstration team, perform at an air show last year. The team will perform at the Gulf Coast Salute 2001 open house March 24-25. In addition, there will be static displays of aircraft, F-15 simulators, the U.S. Air Force Thunderbirds and much more. For more information on the event, check out the web site at <http://gulfcoastsalute.homestead.com/index.html>.

Tyndall programs aim to curb low retention rates

Airman 1st Class Russell Crowe
325th Fighter Wing
public affairs

The times they are a changing.

In 1999, Air Force leadership was compelled to begin purchasing television spots to help recruiting and retention. Later that year, the Air Force, for the first time in its history, fell short of its recruiting goals. Some people blame it on the success of the economy, others on problems within the service. But Tyndall has begun fighting up the slippery slope, trying to curb falling numbers through its very own programs.

Wing leadership initiated several programs to address these issues and selected Chief Master Sgt. Ronnie Georgia as the 325th Fighter Wing career assistance adviser. "What we, leadership, supervisors and myself, are trying to do is get out and talk to troops who are thinking about separating," Chief Georgia said. "We are trying to give them all the facts they need to make an informed decision about their future. We want people to think about the benefits they have now and the benefits they'll have later. Currently we are doing this through several different programs."

"One of the programs the Air Force brought back that is really making a difference helping retain good, first-term airmen is the base of preference program," Chief Georgia added. "This program has encouraged several people here to take advantage of the neat benefit that allows them to have a choice in the assignment process as part of their re-enlistment. It's a great program for the Air Force because we're keeping good folks in, and a great program for troops because it's getting them where they want to be."

A Tyndall-specific program that's helping keep troops in the service is the Right Decision Seminar. The seminar, which is given monthly to troops that are 12-15 months from their separation date, brings all the information together in one location, making it easier for troops to decide which path is for them.

"We implemented this program in November of this past year and we've had four seminars since then," the chief said. "It's a one-day seminar and we have several agencies come out and brief topics that a troop may not realize are great benefits – things

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AEF conference goal to improve deployments

Lt. Col. Bryan A. Holt
Aerospace Expeditionary Force Center
public affairs

LANGLEY AIR FORCE BASE, Va. (AFPN) — The Air Force Aerospace Expeditionary Force Center hosted the AEF 5-6 planning conference recently. Topics discussed for the next round of deployments included making sure deploying airmen get the information they need, passing on "lessons learned" and overcoming the difficulties found at specific locations.

Nearly 250 people from throughout the Air Force attended. For the first time, attendees included Air Force representatives from operations

currently supported by AEF deployments such as Southern Watch, Northern Watch, Iceland and counterdrug operations.

The 355th Wing at Davis Monthan Air Force Base, Ariz., will serve as lead wing for AEF 5, which is headed for Northern Watch and Iceland as well as a participant in counterdrug operations. The 20th Fighter Wing at Shaw Air Force Base, S.C., will serve as the lead wing for AEF 6 at Southern Watch.

According to conference officials, one key concern addressed was the continuing need for units to identify their inability to fill a deployment position as soon as possible. Following extensive discussions, participants divided into smaller working

group sessions based on functional areas including senior leadership, operations, maintenance, logistics and support.

In order to have a greater understanding of AEFs and overall Air Force operations, attendees were given a live, hands-on demonstration of the newly unveiled "AEF Online" web site and the online "AEF Commanders' Playbook." Airmen can access AEF Online before deploying to obtain information about their deployed jobs and missions. The playbook serves as a one-stop deployment information shop for airmen.

For more information, visit the military restricted web site at <https://aefcenter.acc.af.mil>, available only from .mil and .gov computers.

AEF web sites

●For information on AEFs in general, visit the military restricted web site, available only from dot-mil and dot-gov computers: <https://aefcenter.acc.af.mil>.

●EAF Online: <https://aefcenter.acc.af.mil/eafonline>.

●Commanders EAF Playbook: <https://aefcenter.acc.af.mil/CCsPlybk14NovRevis21.htm>.

Air Force Personnel Center:
www.afpc.af.mil.

Aviation camp offers teens educational opportunity

Courtesy of the
325th Services Squadron

The Air Force Services Agency, in conjunction with United States Air Force Association, will conduct its second Air Force Teen Aviation Camp for students who will be freshmen, sophomores or juniors in high school during the 2001-2002 school year. The camp is for students who would like to explore the Air Force Academy as a possible choice for college.

Participants will arrive at the U.S. AFA in Colorado Springs on June 3. Throughout the next five days, attendees will participate in classroom sessions that introduce them to the principles of flying. A wide variety of outdoor activities will be conducted, such as: land and water survival, flight simulation and the ropes-challenge course. Attendees will return home on June 9.

All lodging, meals and activity fees will be funded at no cost to the attend-

ees; travel is the responsibility of the attendees.

Those interested should contact the youth center at 283-4326 for further details and to acquire an application package. Completed packages must be submitted to the youth center no later than March 21 for processing through the major command. The Air Force Services Agency staff, based on application submissions, will make final selections. Selections will be announced by April 25.

Air Force ROTC attacks recruiting

Airman 1st Class Marti Diehl
Air University
public affairs

MAXWELL AFB, Ala. (AFPN) — What is Air Force Officer Accession and Training Schools doing about recruiting? They’re attacking it head-on. This spring, AFOATS is revitalizing its one-year Air Force ROTC program to increase the number of lieutenants being commissioned into the Air Force.

The One-Year Professional Officer Course-Early Release Program is designed to help Air Force ROTC meet officer production requirements. All active-duty enlisted servicemembers who are within one year of completing their bachelor’s degree or who might already have a bachelor’s and wish to pursue master’s degree credits and are recommended by their wing commander, can apply for the program. It is also open to college seniors who are not sure of their after-graduation plans and might consider the Air Force as a career choice. Civilians who already have a bachelor’s degree and are interested in graduate work may also apply.

According to Col. Stefan Eisen, ROTC commander, AFOATS is responsible for 75 percent of the production requirements for lieutenants for the Air Force. Any changes in officer production have to be picked up by AFOATS because it is more flexible than the U.S. Air Force Academy’s four-year program, which produces the other 25 percent of lieutenants.

“The most flexible partner in AFOATS is Officer Training School,” Colonel Eisen said. “Through its program, it can produce a second lieutenant in 12 weeks. However, there is a capacity limit at OTS.”

Thus, according to Colonel Eisen, it falls to ROTC to meet the need for increased production by implementing its one-

year program. The program application period runs from March 1 to Aug. 1. Those selected for the program before May 1 will attend Air Force ROTC Field Training this summer, and those who are accepted after May 1 but before Aug. 1 will attend field training during summer 2002. ROTC prefers to send as many as possible to field training 2001. After completing a full year of aerospace studies with an ROTC detachment and ROTC Field Training, the applicant will be commissioned into the Air Force as a second lieutenant with a four-year service commitment.

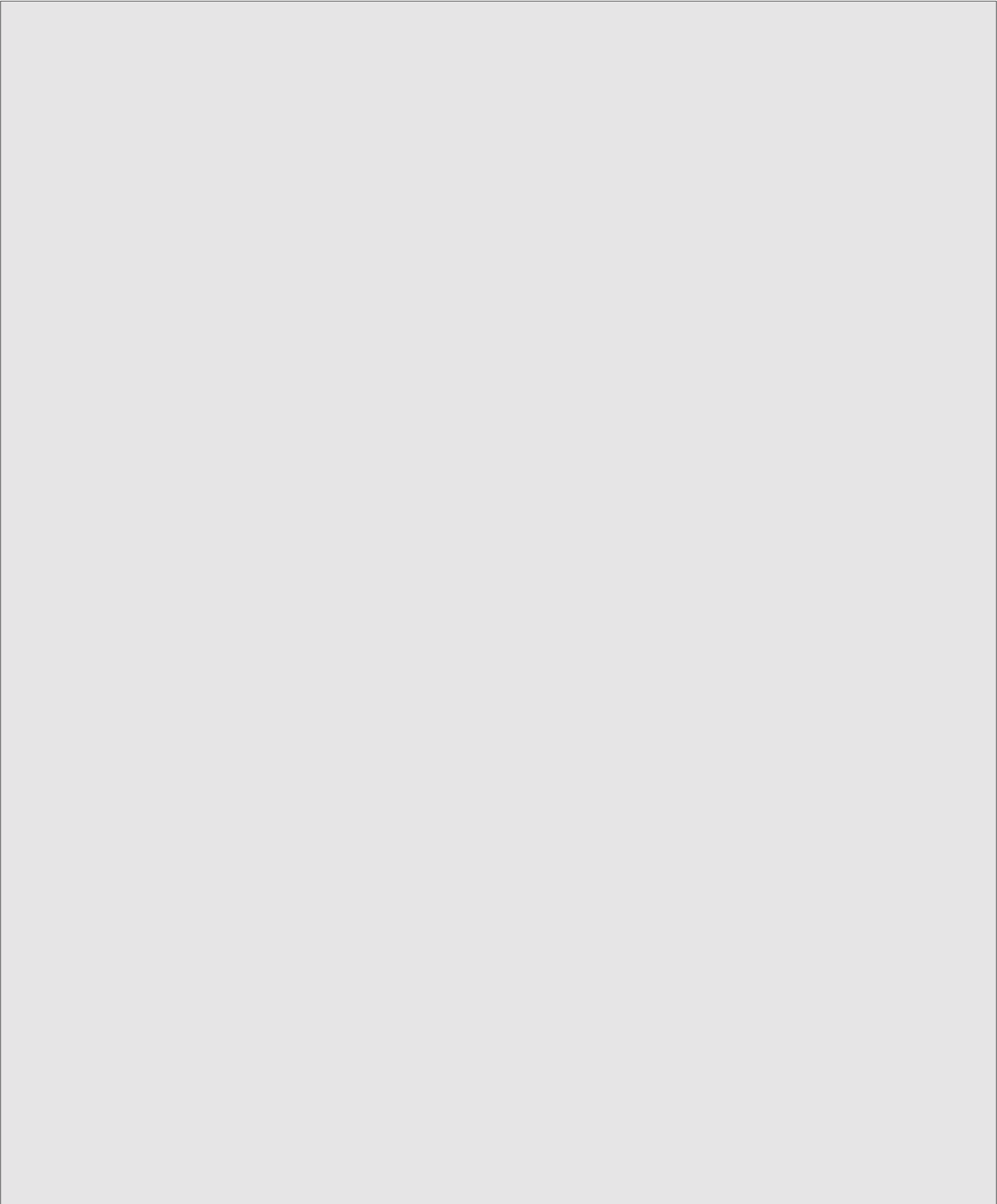
“On the active-duty Air Force side, we are looking for enlisted members who are within one year of completing their degrees,” Colonel Eisen said. “These extra-hard-working airmen are traditionally exceptional candidates for commissioning.”

Active-duty enlisted servicemembers who are recommended by their wing commander and selected by the HQ AFROTC board will be discharged from the Air Force and enlisted in Air Force ROTC within 24 hours and become full-time college students. They will attend a full year of ROTC classes and complete field training. If qualified, scholarships will be awarded for tuition and books along with a monthly stipend.

“Enlisted personnel bring us their experience and motivation, and in return we give them leadership training in the world’s leading Air Force,” said Col. J.C. Mann, ROTC Registrar. “It’s a win-win situation.”

This program was implemented to meet the needs of the Air Force, according to Colonel Eisen. A positive response is expected, and the needs of the Air Force will determine if the program is continued next year.

For more information, visit <https://web1.maxwell.af.mil/AFOATS/enlisted/>.





Did you know?

Handy travel finance tips

- Anyone who travels on official travel orders must go through the commercial travel office to arrange for their air transportation and their rental cars for temporary duty assignments.
- In order to receive a temporary duty assignment reimbursement, a member's orders must specify that a rental car is

- authorized.
- Itemized lodging receipts are required when filing TDY travel vouchers.
- Travel receipts are required for all expenses of more than \$75.
- Military members must go to their orderly rooms for a duty-status stamp prior to filing their travel voucher.

Radar use prohibited on Tyndall

Speed-detection devices illegal on all DOD installations

Staff Sgt. Michael Roeder
325th Security Forces Squadron NCOIC, armory

A typical Monday morning, you comfortably open your eyes and realize immediately that your alarm clock did not wake you. Finding the alarm clock blinking 12:00, you check your watch and realize you are late for work. A power failure or short circuit has the week off to an exhilarating start. You spring from the bed, throw on your uniform and jump in the car. You quickly snap the seat belt in, look both ways and jam the vehicle in gear. As you cruise down the road, you glance at the speedometer and realize that you are speeding. For a fleeting moment, you wish for a radar detector.

Sound familiar? We, being responsible Air Force members,

know when an occasion such as this arises, we simply call our supervisor and explain the situation to them. Speeding to work is not only against the law, it's dangerous to everyone around you and rather costly when you get caught.

Radar detectors have been treasured among sport car enthusiasts and travelers alike. These inexpensive devices reportedly warn you of speed-measuring instruments operated by police, allowing you to slow down before being detected of speeding. Before considering purchasing or using a radar detector, you should be aware of rules and regulations concerning these controversial devices.

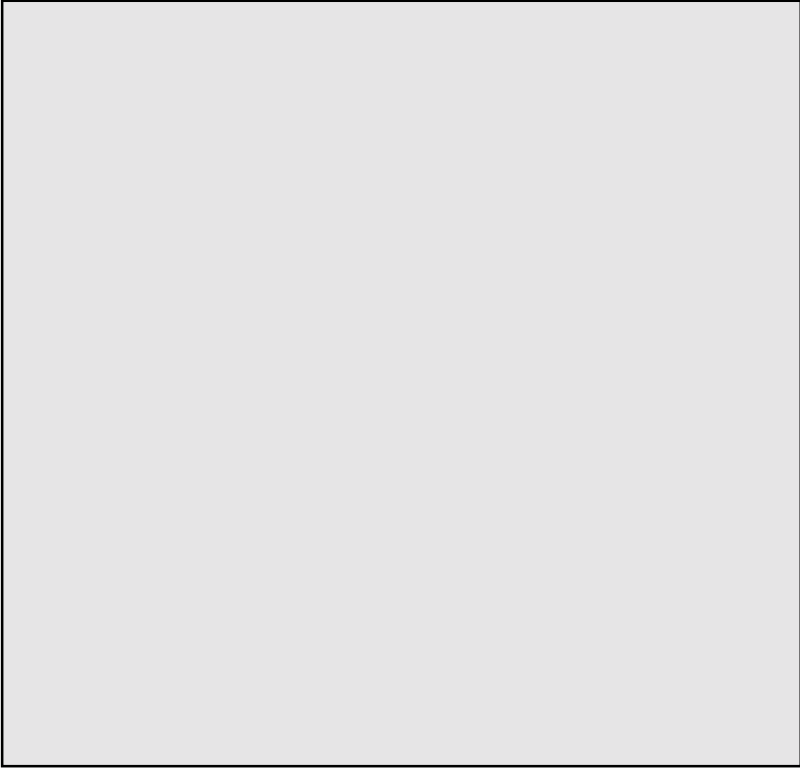
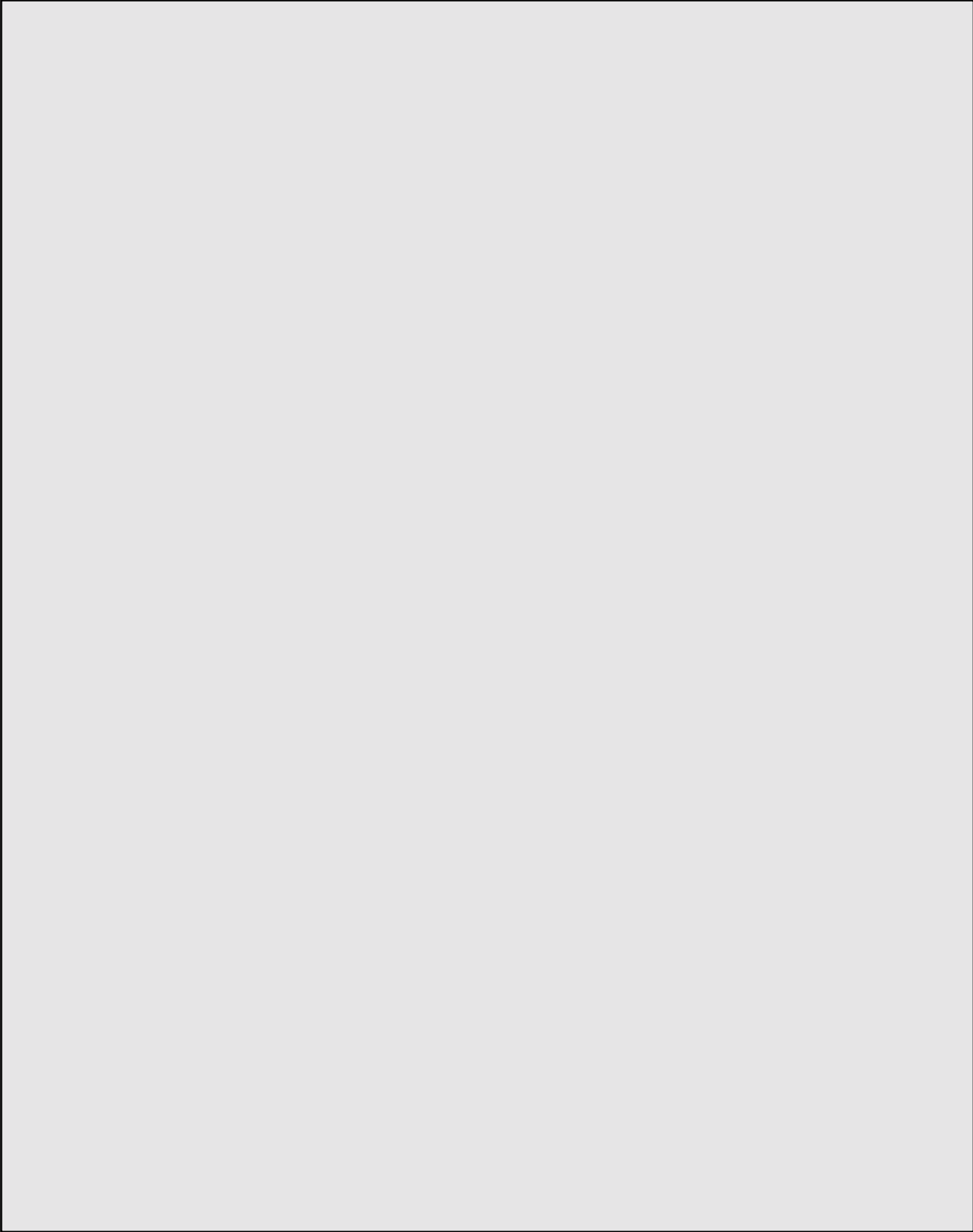
Radar detection devices are prohibited on all Department of Defense installations.

DOD Instruction 6055.4

paragraph E3.11.3. , *Traffic Safety Program*, states: The use of radar or laser detection devices to indicate the presence of speed recording instruments or to transmit simulated erroneous speed is prohibited on DOD installations.

Radar detectors are not only prohibited on DOD installations, but many states and local laws prohibit their use. Check with your local law enforcement agencies for legality of the device. Remember, when you come on base, turn off your radar device and stow it away, or you could be even later for work than you had first anticipated.

As a friendly reminder, maximum speed on Tyndall is 30 miles-per-hour, unless otherwise posted; and always remember to buckle-up for safety.



Viewpoint

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The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129, or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.

Safety stats

Category	'00	'01	Trend
On duty	1	0	-1
Off duty	10	1	-9
Traffic	5	0	-5
Sports	4	1	-3
Fatalities	1	0	-1
DUIs	14	0	-14

Commander's Corner:



Brig. Gen. Hodgkins

Brig. Gen. William F. Hodgkins
325th Fighter Wing
commander

Good news is a great thing and I love to share it. This week we were notified that Senior Master Sgt. George W. Mason, 325th Contracting Squadron, is the 19th Air Force Senior NCO of the Year. 19th AF is fortunate to have hundreds of dedicated senior NCOs and it's especially gratifying to have the best at Team Tyndall. So on behalf of Maj. Gen. Steven R. Polk, congratulations George on a great year!

Our most precious resource is our children and throughout the month of February we have been celebrating National Children's Dental Health month. The men and women in the 325th Aerospace Medical Dental Squadron are leading the way in an effort to teach some local youngsters how to care for their teeth. This week, dental professionals visited the Tyndall Child Development Center and Tyndall Elementary School promoting good dental health habits. The visits included presentations on proper brushing and flossing, videos, a poster contest and a special appearance at the CDC by the tooth fairy. It's just another example of great support from a group of Team Tyndall's finest.

During March we celebrate Women's History Month. Enough

can never be said about the many contributions that women have made in the development of our nation and our Air Force. In the Air Force alone women have contributed during every conflict in almost every career field and now fly combat aircraft. The strides made by women who pioneered in maintenance, security forces and other Air Force specialties 'traditionally' held by men is worth celebrating. It's why we are the premier Air and Space Force in the world. I encourage everyone to look around them at the women in their lives; mothers, wives, sisters and your co-workers, and tell them how much you appreciate their contributions to your lives.

Each week I tout the spectacular open house and air show coming March 24-25. I know our guests from the local community will come out and enjoy the aerial demonstrations, food and fun, but let's not forget the folks behind the scenes. The time and effort needed to produce an event of this proportion is immense. Hundreds of people, most who make these preparations as an additional duty, have rolled up their sleeves and worked long and hard. So as you spread the word about Gulf Coast Salute 2001, say thanks to someone behind the scenes... and remember, it's only three weeks away. Have a great Air Force week!

Tyndall's chapel schedule

Protestant
Communion Service: 9:30 a.m.
Chapel 1
General Protestant Service: 11 a.m. Chapel 2
Sunday school: 9:30 a.m.
Kids' Club: 2:45-5:45 p.m.
Wednesday
Catholic
Daily Mass: noon Monday through Friday, Chapel 2;

Reconciliation: After Saturday Mass or by appointment
Mass: 5 p.m. Saturday, Chapel 2
Mass: 9:30 a.m. Sunday, Chapel 2
Religious education: 10:50 a.m. Sunday
Chapel 2: 283-2925
For more information on services, call 283-2925.

Action Line



Airman 1st Class Russell Crowe

Staff Sgt. Jamar Jordan, an avionics technician with the 325th Avionics Flight, discusses new Electronic Systems Test Sets with Maj. Bruce Coomer, 325th Maintenance Squadron commander. The 325th MXS recently received three new test sets, which will decrease aircraft line replaceable unit run times and the amount of time spent on test station upkeep.

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors,

commanders, first sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For **fraud, waste and abuse** calls, you should talk to the office of inspections, 283-4646. Calls concerning **energy abuse** should be referred to the energy hot line, 283-3995.

Brig. Gen. William F. Hodgkins
325th Fighter Wing
commander

Now they call me inmate

Airman Basic Timothy David
Tyndall confinement facility
inmate

"It won't happen to me... No one will know... I feel fine..." These are just a few of the phrases that people all over the world say every day to convince themselves that some action they are about to take is not wrong. Unfortunately, I have used all of them myself.

My name is Airman 1st Class Timothy David, or at least it was. Now I answer to inmate David. Saying some of these same phrases took my freedom and gave me a reality check. You see, in May 2000 I decided, "No one will know."

Despite being under 21, I began to drink at a nightclub on Panama City Beach. My best friend and I continued to drink through the course of that

Sunday afternoon. We soon met two civilian girls and drank on and off for the next three hours. I let peer pressure and bad judgment convince me that we should all go back to my apartment. "Come on," I thought to myself, "everyone says I look fine, and I don't really feel intoxicated." We drove up and down Front Beach Road for a little while without any trouble at all. I thought I was fine. However, as we came down off Hathaway Bridge, we accelerated. When we reached the bottom, I lost control of the car, we left the road and I ran into a sign on the side of the road. No one in the car was wearing a seatbelt. My head hit the windshield and I lost consciousness. The next thing I knew, I was at the hospital with a local policeman asking me for a

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●INMATE from Page 5

blood sample. All because, “it won’t happen to me.”

This type of thinking sent four people to the hospital. My best friend dislocated his hip and missed a month of work. One of the passengers suffered a broken back, spent a week in the hospital and was told by the doctors to wear a back brace for months. The other passenger wears a permanent scar from the cut she received on her leg. I broke my ankle that night and suffered four cuts on my face and scalp. The physical pain never could have equaled the emotional heartache of knowing that three other people were hurt as a result of my negligence. I have to live with the horrid memory of the screams that echoed through the emergency room that night. The night of the accident, I feared that the other two passengers may be dead because I could not get any information on their status. All of this because “it wouldn’t happen to me.”

If any one of you out there ever catches yourself mumbling these phrases, I ask that you keep one thing in mind. I spend my days and nights in the Tyndall confinement facility and will continue to do so for the next six months, and you could too. Worse than confinement is the fear of not knowing what will happen next. I have already been reduced to the rank of airman basic. I have no way of knowing if I will be allowed to continue serving in the Air Force. I may be administratively discharged. Since entering confinement, I have started reading the Bible and have a verse I believe relates to my situation. “Shall we receive good at the hand of God, and shall we receive no evil?” Job 2:10.

I believe this verse is telling me not to sulk over what I have lost but, to be thankful that all persons involved have recovered and that I have been given at least a slim opportunity to start over in the Air Force.

This is a great gift that I have been given when I look at the recommended punishment I could have received.



Tech. Sgt. Michael Ward

Thank you

Col. Westanna Bobbitt looks at a figurine presented to her by the Tyndall Black Heritage Committee during the Black History Month luncheon Feb. 14 at the enlisted club. Colonel Bobbitt, director of personnel for the 2001 Armed Forces Inaugural Committee, was the luncheon’s guest speaker.

- Twenty-four months confinement in a level two federal prison.
 - Reduction of rank to E-1 and forfeiture of all pay.
 - A Bad Conduct Discharge.
- If you find yourself in the situation where you are thinking, “it won’t happen to me, no one will know, I feel fine,” please remember this article. I hope that my story will make you think twice next time before you try to slip through the cracks.



Airman 1st Class Russell Crowe

Open wide

Staff Sgt. Renee Todd, a dental technician with the 325th Aerospace Medical-Dental Squadron and the tooth fairy, talks with children at the Tyndall Child Development Center Monday as part of Children's National Dental Health month.

Air Force survey reveals upward trend in quality-of-life issues

WASHINGTON (AFPN) — Findings from an Air Force survey conducted last summer indicate pay and compensation initiatives passed by Congress are yielding positive results among airmen.

In July, the service distributed a survey via e-mail to a random sample of Air Force members. More than 14,500 people responded during the 12-day period. The sample was selected to be representative of company grade and field grade officers, and first-term, second-term and career airmen.

The survey also included a representative sample of commanders and first sergeants, who, because of their proximity to the troops, were asked to identify the number one quality-of-life issue in their respective units and to offer their perception of the impact of the pay and compensation initiatives on retention, survey officials said.

“The primary goal of the survey was to look at whether or not the initiatives from the Fiscal

2000 National Defense Authorization Act had turned things around,” said Charles Hamilton, chief of the Air Force Personnel Center Survey Branch, Randolph Air Force Base, Texas.

The survey’s conclusions are now located on the Internet at: www.afpc.randolph.af.mil/surveys.

The survey included such issues as career intentions, compensation and benefits, retirements, health care, tempo, housing and general well-being.

On the retention front, data indicated an upward swing across the board in career intent, particularly with second-term airmen — 49 percent said they would stay for 20 years of service. The percentage of field grade officers who planned to stay until retirement also increased.

In the area of housing, a member’s satisfaction depended upon where he or she lived. Generally, respondents living off base stated they were more satisfied with their housing

than those living on base. Airmen living in dormitories were the least satisfied.

Response to questions on basic allowance for housing compensation was mixed, with officers stating they were more satisfied with their allowance than enlisted members. Overall, though, only about one-quarter of the respondents said BAH adequately covered housing costs.

Another priority, educational opportunities, yielded positive responses in the survey, particularly for enlisted members. Web-based education, while servicemembers are deployed, received high ratings by officers and enlisted members.

Additionally, respondents were asked questions about the aerospace expeditionary force and tempo. About 50 percent of those assigned to an AEF unit agree that AEF provides predictability, and slightly less than half said it

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Today in history

1781 Maryland ratifies the Articles of Confederation. It is the last state to sign.

1815 To put an end to robberies by the Barbary pirates, the United States declares war on Algiers.

1836 Texas declares independence from Mexico on Sam Houston’s 43rd birthday.

1865 President Abraham Lincoln rejects Confederate Gen. Robert E. Lee’s plea for peace talks, demanding unconditional surrender.

1877 Rutherford B. Hayes is declared president by one vote the day before the inauguration.

1901 Congress passes the Platt amendment, which limits Cuban autonomy as a condition for withdrawal of U.S. troops.

1908 An international conference on arms reduction opens in London.

1908 Gabriel Lippman introduces the new three-dimensional color photography at the Academy of Sciences.

1917 Congress passes the Jones Act making Puerto Rico a territory of the United States and making the inhabitants U.S. citizens.

1923 In Italy, Mussolini admits that women have a right to vote, but declares that the time is not right.

1943 The center of Berlin is bombed by the RAF. Some 900 tons of bombs are dropped in a half hour.

1946 Ho Chi Minh is elected president of the Democratic Republic of Vietnam.

1955 Claudette Colvin refuses to give up her seat in Montgomery, Alabama, nine months before Rosa Parks’ famous arrest for the same offense.

Features

With Tyndall's F-15 simulators, student pilots can strap in and take a...

Ride on the virtual wild side

Tech. Sgt. Sean E. Cobb
325th Fighter Wing
public affairs

Hands, sticky with sweat, clutch the controls of the F-15. The pilot's ears fill up with the thundering of his heartbeat right after they pick up the shrill beeping of the aircraft's radar warning receiver as it warns him of incoming missiles. Barrel-rolling toward the ground as trees and buildings zoom closer, he pulls up clear of the seeking missiles — then the scene goes blank.

The student pilot has just finished another mission on a F-15C Full Mission Trainer/Visually Integrated Display System. Designed and built by Boeing Training Systems, these simulators are a critical part of Tyndall's mission to train America's air superiority team, according to Capt. Dave Garner, 325th Operations Support Squadron F-15 simulators and training devices chief.

"Tyndall has four of these F-15 simulators," Captain Garner said. "On them we train student pilots in the F-15 Initial Qualification Course and the F-15 Transition/Requalification Training Course, also known as the B and TX course respectively."

Sortie time in the simulators marks the beginning of an F-15 fighter pilot's journey to the sky. "F-15 student pilots start their whole training program in these simulators," Captain Garner said. "All the basics are learned here, how to start the engines, how to taxi the aircraft. They have to pass the simulator portion before they can sit in the real aircraft."

"Simulation training is one of the basic building blocks of the F-15 initial qualification course," he added.

Simulator flight time also takes up a large portion of a student pilot's overall flight time, said Captain Garner. "As far as the F-15 training syllabus, the simulators provide about 43 percent of the sortie time," he said. "We run more than 5,500 simulation sessions a year, with those sessions averaging 90 minutes apiece."

The benefits of using these simulators are so numerous, it is hard to envision the pilots getting this type of training without them, Captain Garner said. "These simulators are just incredible," he said. "Student pilots practice basic

in-flight communications techniques like learning to talk with flight leads and GCI controllers.

"For the communications portion, we also have the ability to link with the air battle managers at the 325th Training Squadron, and we intend to develop that interaction even more in the future," Captain Garner said.

Radar training is another important part of simulation time, according to Captain Garner. "Students learn the basics of radar and how to employ the aircraft's radar system," he said. "This becomes significant when they get into the flying phases with flight leads and other aircraft simulating bandit tactics."

Another advantage of the simulator is that it can simulate situations that would be hard to train pilots on in real aircraft. "With the simulator we can portray more dynamic flying environments, with more friendly and threat aircraft involved," Captain Garner said. "We also have the added bonus of simulating surface-to-air missile scenarios and have the missiles shooting at and hitting the student's aircraft."

"These simulators can also portray emergency actions such as engine failures and instrument malfunctions. We can simulate extreme weather conditions and basically task the student pilots to the highest degree of their abilities without endangering actual aircraft or life."

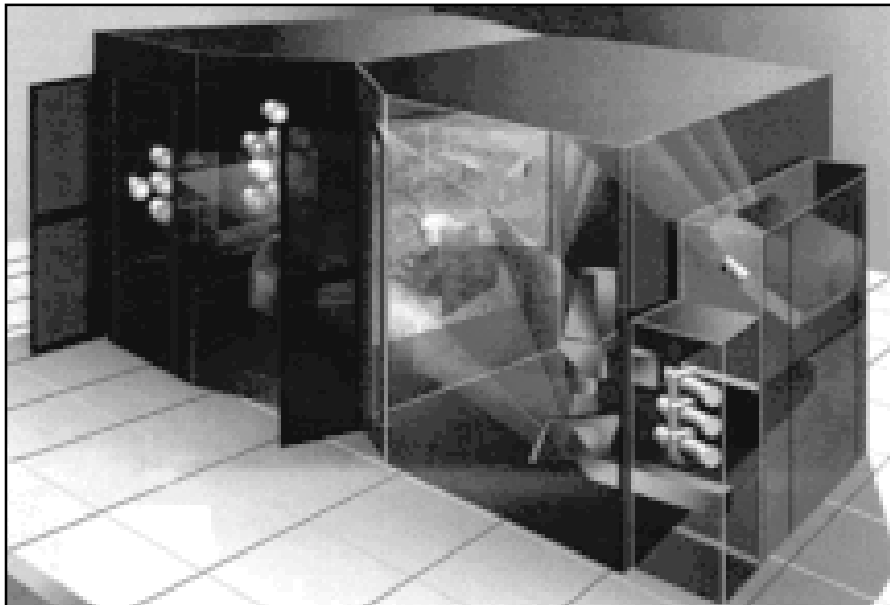
These simulators are extremely realistic and provide dimensional depth to the training program, according to Captain Garner. "The simulators provide 360 degrees of visual display," he said. These simulators will simulate two people versus up to 16 enemy targets. Toward the end of the program, we fly a four-ship flying scenario. This allows the students some first-time exposure to four-ship operations and the communication that is required to employ successfully."

All these varied sorties in the simulators could not be accomplished without a certain group of people though, Captain Garner said. "Lockheed-Martin instructor pilots conduct 98 percent of the simulation sorties," he said. "They are all previous fighter pilots and bring thousands of hours of experience to the training table, including combat flying hours. These instructors are a key element of our training program and they



The cockpit area of the F-15C Full Mission Trainer/Visually Integrated Display System.

Courtesy photo



Courtesy graphic

A graphic portrays the inner workings of the F-15C Full Mission Trainer/Visually Integrated Display System.

really stand out with their abilities and what they bring to the program."

For their part, the Lockheed-Martin team appreciates the opportunity to do what they do best and help the air superiority training program roll out fighter pilots. "We are fortunate to be able to put together a team of professional fighter pilot instructors who enjoy what they

do," said Tom Lewis, Lockheed-Martin site manager and retired Air Force colonel. "We are proud to contribute to the continued success of Team Tyndall."

Training fighter pilots with simulators fulfills many requirements and only becomes more important as technologies advance, Captain Garner said. "We are heading toward being able to project worldwide synthetic

battlefield scenarios, and this simulation time is going to help pilots prepare for that," he added. "Before pilots go into a specific combat environment, they are going to be able to practice in the exact terrain, complete with land features such as lakes and buildings. This simulator experience and ability will undoubtedly give us an edge in future combat."

Sports and Fitness

People should eat right, exercise for healthy life

Lt. Col. Joan M.G. Lyon
U.S. Army Center for Health Promotion and Preventive Medicine nutrition staff officer

It’s March, spring is on its way, National Nutrition Month is here, and it’s time to celebrate. What’s there to celebrate? For one, good health for your lifetime.

Here are some of the ways in which healthy food choices and regular physical activity help you to achieve your mental, physical and emotional best.

Healthy food choices and regular physical activity:

- boosts your energy level, strength and endurance
- helps build and maintain healthy bones, muscles and joints
- improves your physical performance
- strengthens your mental stamina
- improves your mood and attitude
- enhances your appearance
- reduces your risk of chronic disease

How have we come to understand the power of nutrition and physical fitness? In August 1999, the American College of Sports Medicine, The American Dietetic Association and the International Food Information Council jointly published the results of a collaborative research survey about healthy lifestyles. The survey results revealed a powerful consensus and caused nutrition and physical activity professionals to agree that balanced nutrition and regular physical activity are essential for a healthy lifestyle. A quick look at your local magazine stand will confirm that nutrition and fitness information is a hot commodity for the American public.

However, despite common knowledge that nutrition and physical activity are beneficial to health, there are still large gaps between Americans’ knowledge and actual practice. Unhealthy eating behaviors and physical inactivity are serious national health problems.

Annually, poor diet and lack of physical activity account for more than 300,000 deaths and cost Americans an estimated \$250 billion in medical costs and lost productivity. Surprisingly, more than 60 percent of American adults are not regularly active and 25 percent are not active at all.

Sadly, this trend is not limited to adults. More than a third of young people age 12-21 years do not engage in vigorous physical activity regularly. Participation in high school physical education is no longer mandatory and, in fact, has dropped over the past decade from 42 percent in 1991 to 27 percent in 1997.

With regard to nutrition, the statistics are equally grim. Only 27 percent of adult women, 19 percent of adult men and 30 percent of young people eat the recommended five or more servings of fruits and vegetables per day.

The known benefits of eating five servings per day include reduced risk of developing heart disease, cancer, stroke, hypertension and cataracts. Additionally, on a daily basis, we learn new information about the antioxidant and phytochemical properties of fruits and vegetables. However, two out of three Americans are not taking advantage of this powerful preventive medicine.

Although statistics show that the percentage of calories from total fat,

saturated fat and cholesterol in our diets has decreased slightly, don’t be fooled. In fact, this apparent reduction is because we’re eating more total calories than we did a decade ago, while fat intake remains about the same. Therefore, the percentage of calories from fat has decreased.

Decreasing physical activity and increasing caloric intakes are the primary reasons for the American trend toward overweight and obesity. Obvious reductions in activity level include labor saving devices such as automobiles, riding lawnmowers and remote controls.

Additionally, leisure time is often spent doing sedentary activities such as watching television, playing computer games and surfing the web, rather than playing ball, riding bicycles or gardening.

So what can you do to improve your own nutrition and fitness? First of all, be practical and realistic. Set your goals for small changes over time. Physical activity doesn’t have to be strenuous and it doesn’t have to include sweating over exercise equipment in a gym. Look for ways to be more active in your daily life. At work, take the stairs instead of the elevator. Walk down the hall instead of using the phone or e-mail. Take a walk during your morning or afternoon break.

People of all ages benefit from moderate physical activity such as 30 minutes of brisk walking five or more times per week. If 30 minutes at one time won’t work for you, aim for two 15-minute or even three 10-minute sessions. At home, do those indoor chores with zeal — scrub that tub or stand up to do leg stretches while you fold the clothes. Get

down on the floor and play with your children. Anything that increases your activity level counts.

When it comes to improving your nutrition, there are several easy ways. You can eat at least five servings of fruits and vegetables per day and drink plenty of cool, clear water. When you eat at least five servings of fruits and vegetables each day, you are more likely to get essential vitamins, minerals and fiber and less fat and calories than are those who do not meet this goal. Have a contest among friends, co-workers or family members. Try to eat a minimum of five servings of fruits and vegetables per day over the course of a month. Be adventurous – try a variety of brightly colored fruits and vegetables. Also, be flexible. It’s OK to eat three servings one day and seven the next. The key is to average out a minimum of five each day.

Another important component of nutrition is water. Water is necessary to maintain blood circulation, body temperature and cell function and aids in digestion and absorption of nutrients and the excretion of body waste. The amount you need varies by weight and activity level. Most adults need 8-12 cups of water per day for maintenance. You need more when your activity level increases or when the outdoor temperature is high. It is a good idea to get some of your requirement from cool, clear water, but juices, coffee, tea, milk and other beverages count, as well.

Nutrition and fitness are synergistic and essential components of individual readiness.

●Turn to HEALTH Page 16

Helpful hints for successful weight control

Courtesy of the Tyndall Health and Wellness Center

Having trouble losing weight? Here are some helpful guidelines for staying fit.

What you must know to lose weight:

- If you have ever been on a diet, you know that dieting alone does not work. Eventually, dieting and denial lead to overeating and often, binge eating.
- Calories do count. If you eat more calories than what you are burning off through exercise and daily activities, you will gain weight. On the other hand, eating fewer calories than what your body requires will result in weight loss. Reducing the fat in your diet will help reduce total caloric intake, but only if you consume appropriate portion sizes and reduce your caloric intake. Just because you’re eating fat-free cookies doesn’t mean that you’re

entitled to the whole box in two days. Calories add up whether they’re calories from protein, fat or carbohydrates.

The following are 10 tips for successful weight reduction as outlined in Nancy Clark’s Sports Nutrition Guidebook:

- Write down what and when you eat or drink in a day and why. Keeping accurate food records of every bite you take can help identify why you are eating (happy, sad, hungry, bored). Plus, its amazing to find out how the little snacks add up during the day. A few handfuls of peanuts or M&Ms can easily contribute 500 to 800 extra calories.
- Become aware of meal timing. You may eat lightly during the day, but devour dinner and snacks throughout the evening. Experiment by eating a considerable breakfast and lunch and eating lightly for dinner. Usually, people are most active during the day, so it only

makes sense to consume the bulk of our calories during this time. Some people aren’t hungry for breakfast because they consume too many calories in the evening.

- Learn your calorie budget. Know how much you can eat to lose weight and still maintain your energy. To estimate your daily calorie requirement:

Step one: Multiply your desired or goal weight by 10 to find your resting metabolic rate (RMR). This is the number of calories you burn at rest.

Example: Your goal weight is 170 pounds:

$$170 \times 10 = 1,700 \text{ calories.}$$

Step two: Multiply RMR by your daily activity level.

Sedentary, 20-30 percent
Moderately active, 40-60 percent
Very active, 70-80 percent
Example: you are moderately active.

$$1,700 \times .4 = 680 \text{ calories burned through physical activity.}$$

Step three: add steps one and two to determine daily calorie requirements.

$$1,700 + 680 = 2,380 \text{ calories per day to maintain weight.}$$

To lose weight, subtract 500.

$$2,384 - 500 = 1,884 \text{ calories per day to lose about 1 pound a week.}$$

- Divide your calorie budget into at least three parts of the day. If you are eating 1,800 calories a day to lose weight, divide your calories into three parts of the day:

Breakfast/snack	600 calories
Lunch/snack	600 calories
Dinner/snack	600 calories

You may even want to eat four to six mini-meals throughout the day. You will not gain weight from eating breakfast and lunch as long as you don’t consume more calories than what you need. If anything, you will be less hungry at the end of the day, which will help eliminate or reduce overeating in the evening.

- Read food labels. Be aware of

how many calories are in a serving and, more importantly, how many servings are in a container. Your bowl of cereal in the morning may actually be three or four servings of cereal. A single muffin may contain two to three servings, which means you could be consuming 400 – 500 calories and 50 grams of fat.... just from one muffin.

- Eat slowly. The brain needs about 20 minutes to receive a signal that you’re full; it doesn’t matter how much food you’ve consumed during this time. Try to pace your eating by putting the fork down between bites, chewing slowly and enjoying your food.

- Eat your favorite foods regularly. Believe it or not, you can still eat your much-loved potato chips and lose weight. If you deny yourself permission to eat your favorite foods, you are much more likely to binge. A handful of potato

●Turn to HINTS Page 16

●SURVEY from Page 7

improved their ability to plan.

Regarding tempo, the 2000 data saw virtually no change in reported work hours. Officers reported working between 52 and 57 hours a week; enlisted reported working between 45 and 51 hours a week.

Health care offered somewhat mixed reviews. Although most respondents indicated they were generally satisfied with their current health care, they reported being less satisfied with their families' access to health care.

On the retirement system side, the survey revealed congressional changes to the military retirement system are favorably impacting

servicemembers' attitudes. Ratings were up, notably among company grade officer and second-term enlisted respondents, who gave a 59-percent and 46-percent approval rating, respectively.

"The data indicate that the October 1999 pay raise and retirement system changes are going to have a positive impact," Hamilton said.

Overall, he said the data indicate Air Force members are generally satisfied with their service. "It appears most people believe that the Air Force is a good place to work," he said. "Most members reported that their families support their being in the military."

Air Force officials are using the survey's conclusions to assess issues and assist in developing future policy.

Tax tips

Roth IRA - You may be able to establish a Roth IRA. In this type of IRA, contributions are not deductible, but earnings grow tax-free and qualified withdrawals are not taxable. You may also be able to convert a traditional IRA to a Roth IRA, but you must include all or part of the taxable converted amount in income. For more information, contact the Tyndall Tax Office at 283-8152.



●CURB from Page 1

like education, family support, use of the commissary and dining facility and lots more.

“We have testimonials from people who actually got out of the Air Force and then came back in,” Chief Georgia said. “They come and give their perspective — they really tell you the grass isn’t always as green on the other side as you think it is. These are people who got out, said oops, and then came back in. It’s also good because troops know they can really relate to these people, because they’ve ‘been there and done that.’”

According to Chief Georgia, many troops that get out and later come back to the Air Force say the things they missed the most are benefits most people don’t realize they have.

“The class also gives the ‘intangibles’ — the benefits that we take for granted sometimes,” he said. “Things like being a part of a team, having a mission. Those kinds of things that aren’t as tangible as money, etc., but people do miss when they get out.”

For troops that re-enlist without separating first, the reasons vary tremendously. Reasons like finances and service before self are cited often among re-enlistees. Staff Sgt. Jeff Benenhaley, NCOIC of the 325th command section, recently re-enlisted to receive an assignment to Lackland Air Force Base, Texas as a Military Training Instructor.

“Whether you choose to stay in the Air Force or not, you’re still going to need a source of income,” Sergeant Benenhaley said. “Why not choose the job that not only gives you a steady paycheck, but pays for your meals, housing, medical care, education and more.”

Troops can access career information about promotions, retention programs and more through yet another information portal: the career assistance adviser web page at: www.tyndall.af.mil/325FW/325FW%20Career%20Assistance.htm.

“A great asset we have now is the CAA web page,” Chief Georgia said. “I really encourage people to take a little time to visit and look at the things we have on the site. There’s lots of

information. Everything from mentoring peers to information on commissioning programs. There’s also a really neat product on the site called career expectations. This is something that everyone can sit down and look at, officer and enlisted, and see what kinds of things they can plan for in their Air Force career and what they need to do to get where they want to be in their career.”

Chief Georgia stresses that when people hear about retention problems, they realize it is not just within the enlisted ranks.

“One thing wing leadership is also interested in is officer retention,” he said. “We have concerns with keeping the right numbers of officers in; the economy is pretty good and just like enlisted folks, a lot of officers are leaving. So retention is not just an enlisted issue, it’s an issue for everyone. Leadership is looking to make sure we’re doing the things we need to do to take care of our people, officer and enlisted, and keep them serving.”

For troops that are re-enlisting soon, during the Gulf Coast Salute 2001 open house there

will be a mass re-enlistment ceremony with the Air Force Thunderbirds.

“This is just another way we’re trying to make this special for people who want to stay in, make it a memory they won’t forget,” the chief said.

Service to the United States is a special duty according to the chief. It takes a special group of people to perform the duties that keep America free. People like the airmen in today’s Air Force.

“In the Air Force, we’re all the same, but all different. We share a bond with every other member of the Air Force, yet we can still be ourselves. We all wear the same uniform. We have similar goals and aspirations. We know what we’re here for — we are here to serve. We aren’t just getting up and coming to work. We are serving, and it takes special people to do that.”

For information on the Thunderbirds re-enlistment or for information on any retention programs or questions regarding nearly any aspect of your Air Force career, contact Chief Georgia at 283-2222.

Airman asks should I stay or should I go?

Master Sgt. Jim Perry
86th Airlift Wing
public affairs

RAMSTEIN AIR BASE, Germany (AFPN)— Should I stay or should I go? Easy steps for a talented dancer, but when applying this song to the reality of making the military a career, the steps may get difficult. One might stumble, move the wrong way or even trip and fall.

Nearly 20 years ago, I signed on the dotted line. I never regretted the decision. Having three older brothers who all joined the military, I knew that was what I was going to do. My oldest brother and I both made a career out of the military. I never beat him in rank, although we both held the same rank occasionally.

Early in my career, we were both stationed at Wurtsmith Air Force Base, Mich. Ironically, we both lived on the same street in base housing. He was a staff sergeant and I was an E-4. When I made staff, he put in for an assignment. It was embarrassing for him to be around his little brother who was now the same rank as he.

My brother wasn’t dumb. He could test well. But, he did get out of the service for one year, then came back in. I thought he had it made once

he was out. He was working for my uncle, getting paid good money. Come to find out, he said money wasn’t everything. Security for him and his family was sound while in the Air Force. He didn’t have that same sense of security in the “civilian world.”

I never had a break in service; however, I weighed the pros and cons twice during my career. The bottom line: What company can provide the security, benefits, training, travel, camaraderie and adventure given in today’s military, whether it be Army, Air Force, Navy, Marines or Coast Guard?

I’ve given a lot toward the military. In turn, the military has given me an equal share, if not more. Imagine the costs associated with having to pay for the delivery of five children, along with the care provided for my family.

At 20 years I get to retire. I think it’s great, but think about it. I was only present for a little more than 18 years of it. You get nearly two years off for leave. I don’t know of too many companies who, first, let you retire at 20 years, but also during the 20 years allow 30 days paid vacation each year.

Think about all the training. I never dreamed of having all the training provided to me at no cost. I’ve had four Air Force specialties and I’ve

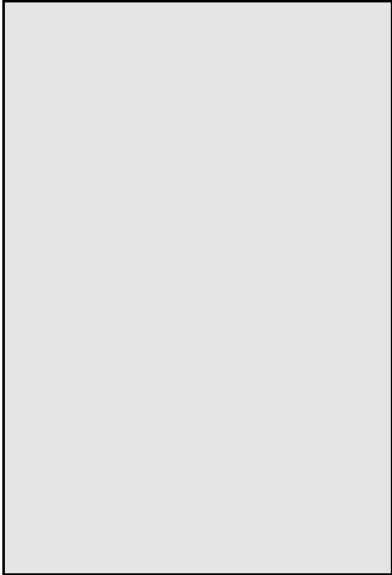
been given tons of training opportunities. I’ve been to instructor school, provided Soviet awareness briefings to non-prior students, journalism school, countless environmental courses and much more.

When I got bored, I moved on, not out. I’ve been assigned to seven different bases, always my first choice.

The Air Force provides opportunities for all. Most have heard the saying “Air Force needs come first.” Take advantage of it; let it work for you.

I have an associate’s degree, which wasn’t hard or costly. I don’t have the G.I. Bill. When I joined back in 1981, I fell under a program called Veterans’ Education Assistance Program. Since I never put one dollar into it, I am not entitled to the G.I. Bill. I regret it now, but at the time, education was not my priority. Today, people can get more than \$20,000 in educational benefits.

I can go on and on. Just think about a few things when making your decision. If you find a company that will provide you with a place to live, three meals a day, free training, 30 days paid vacation annually, medical benefits, retirement at 20 years, paid moving expenses, unlimited travel opportunities and a chance to meet some of the best people from all walks of life, let me know. I retire soon.



Your link
to what's going on

Gulf Guide

in the
Tyndall community

MARCH

MON 5

DEERS upgrade

The Defense Enrollment Eligibility Reporting System, located in the Military Personnel Flight's customer service section, will be down Monday and Tuesday for system upgrading. Customer service will not be able to issue identification cards, print ID card applications, update, add or delete dependents or update Medicare information on these days.

'Moms, Pops & Tots'

The parent and child interaction play group, "Moms, Pops & Tots," for parents and their under-age-five children meets 9:30-11 a.m. every Monday at the youth center. For more information, call 286-5812.

Munitions closure

The munitions storage area will be closed to all customers Monday through March 9 due to a 100 percent closed-warehouse change of inventory. Only valid emergency issues will be processed during this period. For more information, call munitions operations, 283-4010 or 283-2374.

Water outage

The 325th Civil Engineer Squadron will be shutting the water distribution system down to make major repairs 8 a.m.-4 p.m. Monday. The following buildings will be affected: 1332, 1352, 1354, 1355, 1356, 1357, 1360, 1361, 1363, 1379, 1380, 1381, 1384, 1444 and 1454. It may be necessary to run faucets for a short period of time following completion of the repairs to remove any water discoloration. For more information, call the civil engineer customer service office, 283-4949.

TUE 6

GPS navigation course

The Coast Guard Auxiliary Flotilla 16 navigation by global positioning course will be 7-9 p.m. Tuesday in Room 231 of the Gibson lecture hall in Gulf Coast Community College's Student Union East building. The cost of the course is \$20 for materials. Registration and payment will start 6:30 p.m. the night of the class. For more information, call John Clark, 271-3828, or visit the flotilla web site at: <http://klik.to/USCGAUXFlotilla16>.

TAP workshop

A three-day transition-assistance program workshop will be 8 a.m.-4:30 p.m. Tuesday-Thursday in the family support center classroom for those leaving the military within the next 180 days. Topics will include analyzing skills, setting personal goals, starting a job search, resume writing, interview skills and more. Spouses and Department of Defense civilians are welcome. For more information, call the family support center, 283-4204.

Civil Air Patrol meeting

Civil Air Patrol meetings for boys and girls 12 years and older will be held 6-8:30 p.m. every Tuesday in Building 852. The CAP offers local and national activities with a focus on educational and professional development. For more information, call Capt. Laura Palm, 283-7426, or Master Sgt. Perry Newberry, 283-4189.

WED 7

Legal office closure

The legal office will not provide legal assistance on Wednesday due to an official function. For more information, call Tech. Sgt. Dianna Peace, 283-4681.

THU 8

Water outage

The 325th Civil Engineer Squadron will conduct a water outage to repair a fire hydrant 8 a.m.-noon Thursday on Lincoln Drive. The outage will affect family housing occupants in residences 2402 through 2417. For more information, call the civil engineer customer service office, 283-4949.

Kids' program

A 'Kids on the Move' program for all children who are moving in the near future will be 2-3 p.m. Thursday at the Tyndall Youth Center. The program will include a video and discussion session about moving. A free disposable camera, film and a book will be given to all attendees. For more information, call the family support center, 283-4204.

Palace Chase briefing

Palace Chase briefings for all those interested in the Palace Chase program will be 1 p.m. on the second and fourth Thursday of each month in Room 222 of Building 662. For more information, call in-service recruiter Master Sgt. Bill Beasley, 283-8384.

NOTES

Voice mail appointments

The 325th Medical Group is now offering patients the option of using voice mail to request a routine or annual family practice appointment or to request an acute appointment from the family practice triage nurse. The voice mail system can be accessed by calling the appointments line, 283-2778, and leaving a message. Staff will call back between 10 a.m.-1 p.m. or 3 p.m.-4 p.m. for appointment scheduling and between 10 a.m.-2 p.m. for the triage nurse line. Patients should not leave a message if they believe they have an urgent medical problem.

Child-care program

A new extended-duty child-care program has been implemented to assist parents whose work schedules temporarily require child care beyond the Tyndall Child Development Center's hours. This additional care is provided in a contracted licensed family child-care home. Arrangements must be coordinated with the CDC and the Family Child Care Program. For more information, call family child-care coordinator Ina Crawford, 283-2266.

AFROTC opportunity

The Air Force Reserve Officer Training Corps is offering an opportunity to simultaneously finish a degree and earn a commission as a 2nd lieutenant in the Air Force. Qualified personnel who can graduate with at least a bachelor's degree in any academic major in Fiscal 2002 may be eligible. The AFROTC is a great way to extend your Air Force career. For more information and eligibility requirements, call or visit the base education office, 283-4285.

AETC command chief to visit

Chief Master Sgt. Bill Milligan, the Air Education and Training Command command chief, is visiting Tyndall Thursday-March 9. The chief will visit the first term airmen's center, the NCO and senior NCO education seminars, the right decision seminar, the NCO Academy, airman leadership school, base housing, dormitories and more. He will be discussing enlisted issues and taking a look at Tyndall operations during his visit.

Lost and found

The 325th Security Forces Investigation's Lost and Found has jewelry, watches, keys, wallets, pagers, bikes, glasses and automatic teller machine cards in their inventory. Anyone wishing to claim lost property can call Security Forces, 283-1630, between 7:30 a.m.-4:30 p.m.

RETIREE NEWS

Social Security Numbers on checks

A major concern in today's financial climate is the issue of Social Security Numbers on checks. Many contend that the use of these numbers on checks is an open invitation for identity theft. Currently, Army and Air Force Exchange Service cashiers enter the Social Security Number of the sponsor printed on the check. The numbers are either pre-printed or must be printed somewhere on the check by hand prior to cashing.

In an effort to eliminate the need for Social Security Numbers on checks, AAFES has set up a three-phase process. The first phase was a pilot, proof-of-concept test conducted in November at five sites on three military installations. These included the AAFES store in Dallas, the service station and shoppette at Fort Sam Houston, Texas and the service station and shoppette at Lackland Air Force Base, Texas.

Under the new system, the Social Security Number of the person presenting the check will be entered. This will be accomplished by taking the Social Security Number off the presenter's identification card. The Social Security Number will not be required to be printed on the check. The check will be scanned to obtain the routing number, account number and check number.

The testing period for this second phase, what AAFES calls its Check Acceptance Test, began in early February at the exchange in San Antonio and is expected to run through the end of the month. If the program goes as expected, a world-wide rollout is planned to start in early April.

YARD SALES

The following yard sales are scheduled for Saturday: 3682-A Kisling Loop, 2849 Phantom Lane and 3532-B Andrews Loop. All yard sales are held between 8 a.m.-4 p.m.

BASE THEATER

Today: "The Pledge" (R, strong violence and language, 124 min.)
Saturday: "Castaway" (PG-13, intense action sequences and some disturbing images, 144 min.)
Sunday: "Castaway"
Thursday: "Castaway"
●All movies start at 7 p.m.

E-8 promotion list out Wednesday

RANDOLPH AIR FORCE BASE, Texas (AFPN) — The Air Force plans to release its list of the newest senior master sergeant selectees March 7.

Beginning April 1 and over the course of the next year, 1,354 individuals out of 16,203 eligibles will sew on their new stripes. This represents a selection rate of 8.36 percent, an increase from last year's promotion rate of 7.89 percent.

Over the past few years, senior master sergeant promotion rates have im-

proved when compared to percentages in the early to mid 1990s, said Air Force personnel officials. For example, 1994's selection rate was just 4.62 percent.

The cycle 01E8 Senior Master Sergeant Evaluation Board convened Feb. 5 to 23 at the AFPC here, to evaluate individual records of senior master sergeants eligible for promotion.

The average total score of selectees during the cycle was 671.68. Average selectee score breakdowns are:

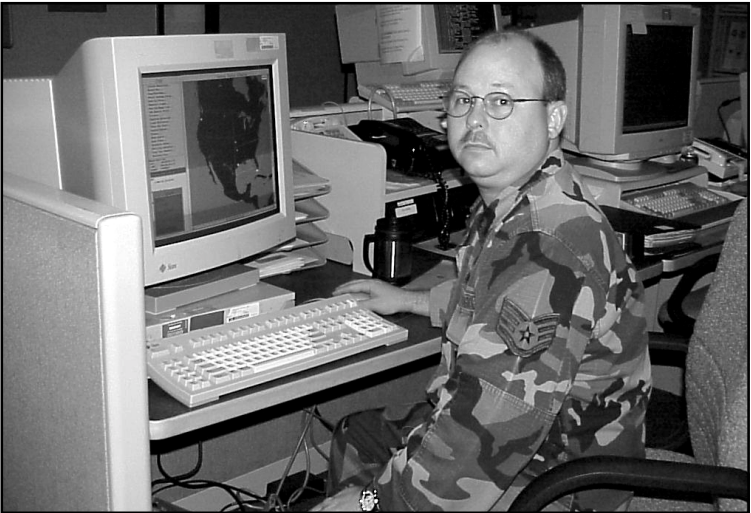
- 37.55 points, time in grade;

- 20.53 points, time in service;
- 5 points, performance reports;
- 19.69 points for decorations;
- 69.99 points for U.S. Air Force Supervisory Examination, and
- 388.92 points for evaluation board score.

The average selectee has 5.21 years time in grade and 19.42 years time in service.

The complete list of selections will be posted on the AFPC home page by 4:30 p.m. CST, March 9. The address is www.afpc.randolph.af.mil.

Spotlight



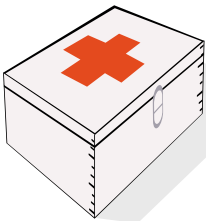
Catherine Layton

Staff Sgt. Jerry Cooper

Squadron: 701st Air Defense Squadron
Job title: Senior air defense technician
Years at Tyndall: 14
Hometown: Circleville, Ohio
Why did you join the Air Force: To travel, get a higher education and put a little excitement in my life.
Most exciting facet of your job: Providing real-time information on North American Aerospace Defense Command alert aircraft and radar sensors to the 1st Air Force commander.
Short-term goals: Attend the NCO Academy and discover ways to better enhance the air defense environment through the use of computers.
Long-term goals: Complete my college degree.
Favorite book: "The Bone Collector"
Favorite movie: "The Matrix"
Hobbies and off-duty activities: Fishing, going to the movies and spending time with my family.

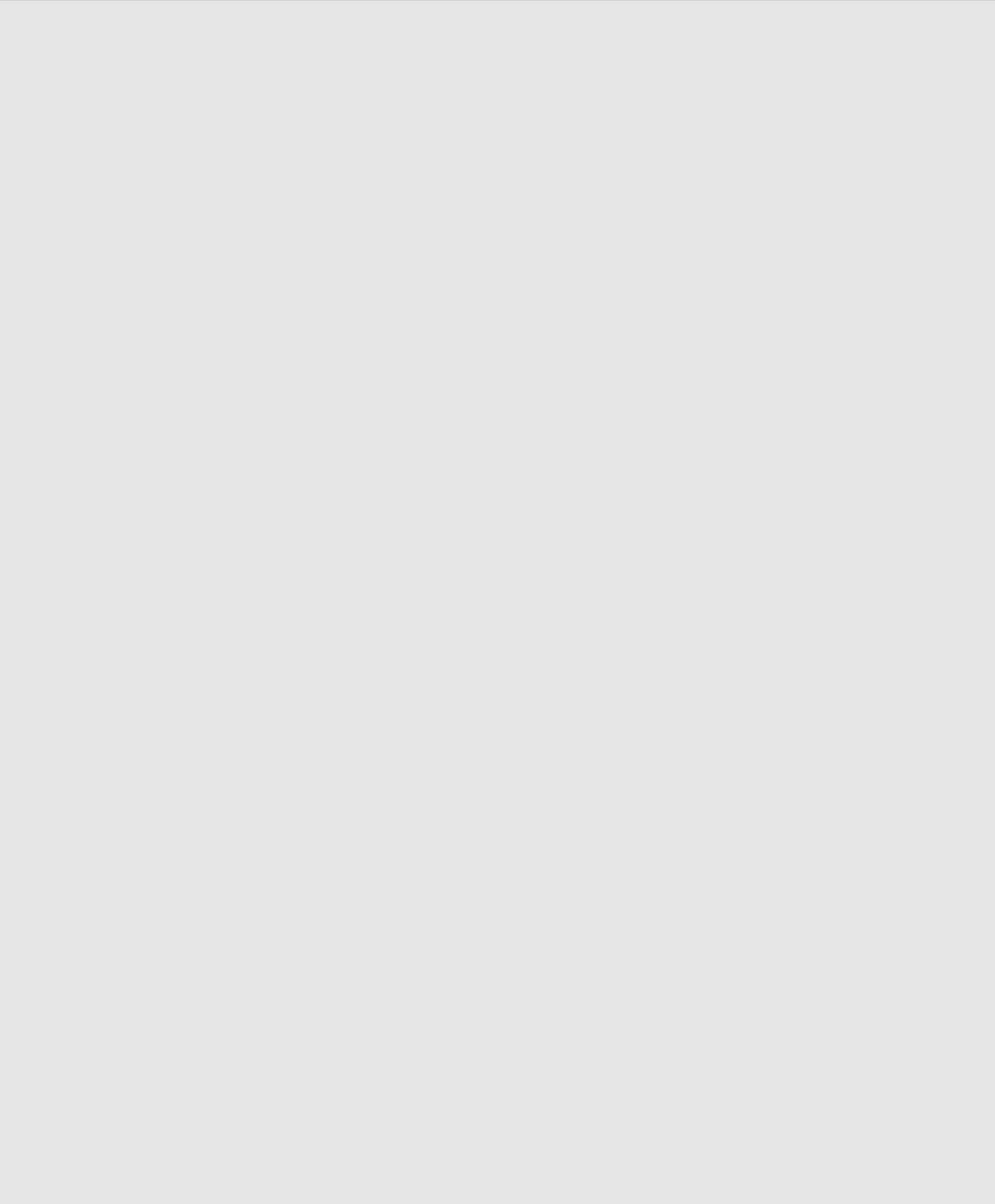


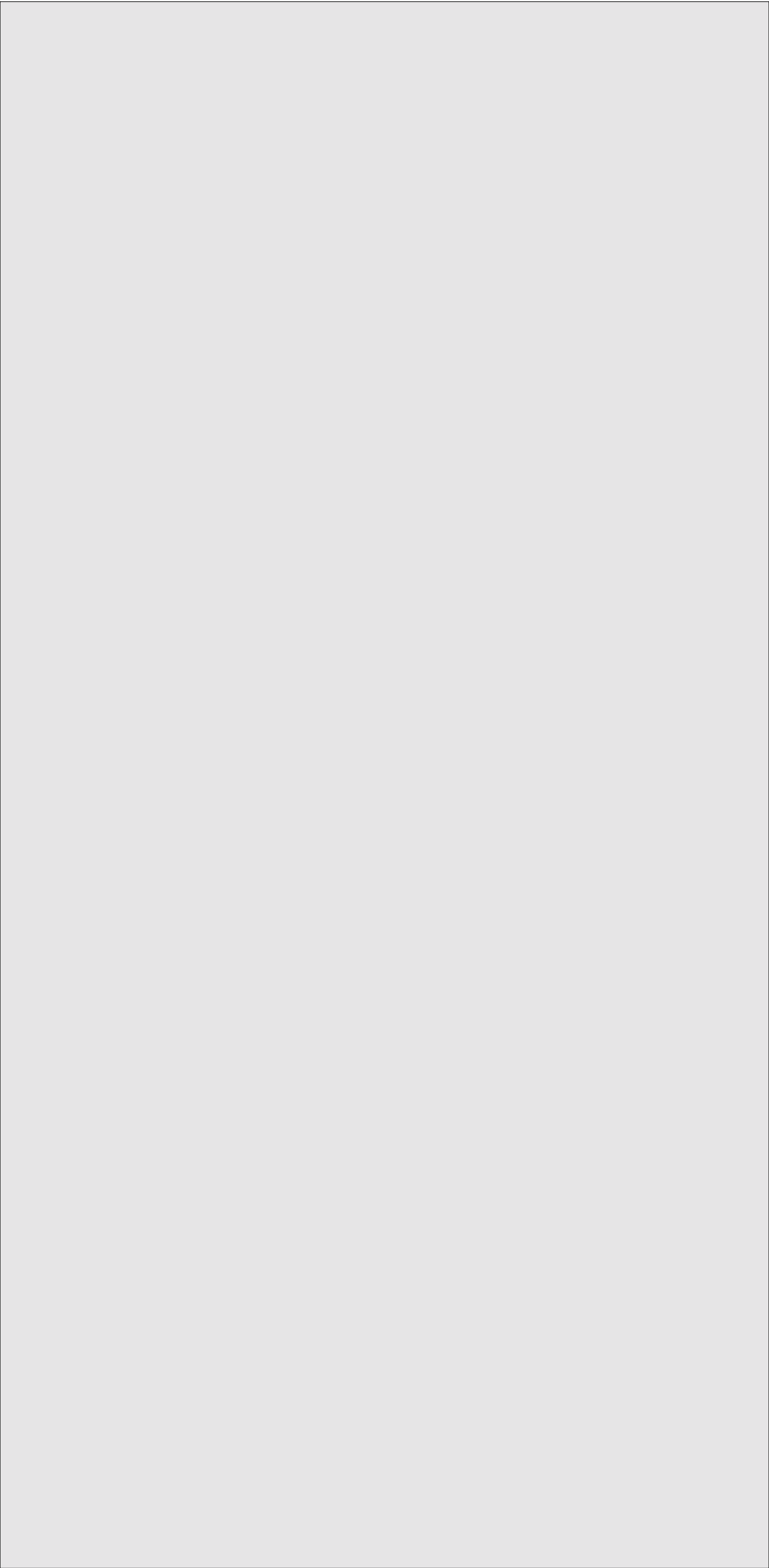
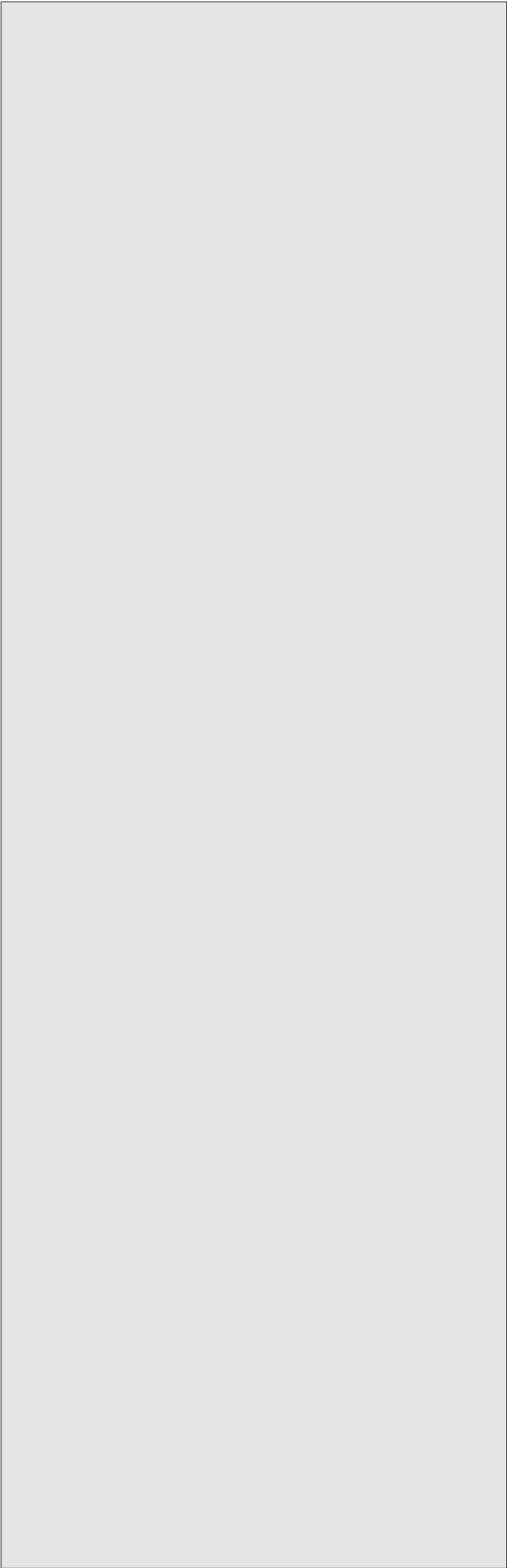
Save a life; give blood



The American Red Cross is always looking for people that are willing to donate blood. Do something to help - give the gift of life; the gift of blood.

For more information,
call the Red Cross, 283-2770.





●HEALTH from Page 9

Practiced in combination, the two are more powerful than either practiced alone. Being physically active means you can eat a wider variety and larger quantity of healthy foods. In addition, healthy eating fuels physical activity across your lifetime. Challenge yourself to incorporate healthy food choices and physical activity into your daily life.

There are numerous places to go for nutrition and fitness information. The following are some helpful web sites:

Fitness and Nutrition Service, Department of Health Promotion and Wellness, U.S. Army Center for Health Promotion & Preventive Medicine: <http://chppm-www.apgea.army.mil/dhpw>

Tufts Nutrition Navigator: <http://www.navigator.tufts.edu>

The American Dietetic Association: <http://www.eatright.org>

Department of Nutrition and Physical Activity, Centers for Disease Control and Prevention: <http://www.cdc.gov/nccdphp/dnpa>
The Physical Activity & Health

Network: <http://www1.pitt.edu/~pahnet/>

To obtain professional guidance on improving your nutrition and exercise plan, ask your primary care manager for a referral to the registered dietitian and The Sensible Weigh Program.

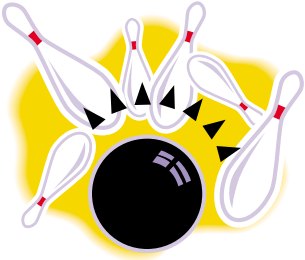
For National Nutrition Month, Tyndall is having the following events:

●On Thursday, the 325th Medical Group nutritional medicine staff will offer a food demonstration at the health and wellness center, “Meals in Minutes.” For more information, call 283-3826.

●On March 15, the nutritional medicine staff will lead a “Heart Smart” commissary tour. Learn all about label-reading techniques and healthy food choices. For more information, call 283-7552.

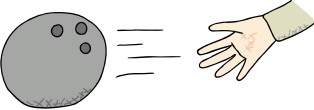
●Nutrition experts will have a booth available in the base exchange on March 15 for your nutrition questions and will offer free education materials 8 a.m.-noon. Laboratory personnel will be available to make appointments for cholesterol screenings.

Bowl a few frames at Raptor Lanes



Hours of operation

Monday-Wednesday:
10 a.m.-10 p.m.
Thursday: 9 a.m.-midnight
Friday: 10 a.m.-2 a.m.
Saturday: 9 a.m.-2 a.m.
Sunday: 1-8 p.m.



Intramural over 30 basketball

Squadron	Wins	Losses
1 FS	8	1
AFCESA	8	1
OSS	6	3
SEADS	6	3
RHS	4	4
CONR	4	5
TRS	4	5
MDG	2	6
TW	2	7
LSS	0	9

Intramural basketball

Squadron	Wins	Losses
95 FS	9	1
COMM 1	9	2
TRS	9	2
WEG	7	3
2 FS	7	4
SVS	6	4
OSS	4	7
COMM 2	3	7
1 FS	3	8
MXS	3	8
MDG	2	8
83 FWS	1	9

Tyndall Classifieds

●Guitarist/singer looking for musicians interested in playing. Call Russell at 648-6504.

●1990 Honda Pacific Coast 800 motorcycle, metallic red, 15,000 miles, great shape, \$3,250 OBO. Call 286-2279.



●HINTS from Page 9

chips once or twice a week is much better than devouring a whole bag in 30 minutes after days of denial.

●Stay away from foods that tempt you. Out of sight, out of mind and out of mouth. Storing cookies and other fattening snacks in see-through containers on the counter will more than likely tempt you every time you walk by. Store them in areas out of sight. Better yet, keep tempting foods out of the house.

●Exercise regularly but don't overdo it. Don't punish yourself after a day of overeating by pushing yourself twice as hard or twice as long. One day of overeating will not make you gain weight. Remember that it takes 3,500 extra calories to gain 1 pound of weight. Realistically, it's almost impossible to consume this amount over your required needs to gain 1 pound in a day.

●Think fit and healthy. Every day, visualize yourself as getting fitter and leaner. Be patient with yourself; you didn't gain weight over night. Changing your eating and exercise habits for life takes time. Positive self-talk is very important to your well-being and will help not only with weight loss, but also with daily living.

